

# Evaluation of mother`s health literacy and their information about maternal and child health programs in health centers of Ardabil in 2017

## Abstract

**Background & Objective:** awareness of prenatal care and observing them is the most important factor for maintaining mother and fetus healthiness. Health literacy is an important and improvable factor in accessing health information, the mode of communication with health services providers and approaching to health care system. The aim of this study was to evaluate mother`s health literacy and their information about maternal and child health programs in health centers of ardabil.

**Methods:** This descriptive- analytical study was carried out cross sectional in 2010. Research population, consisted of all pregnant women referring to health centers of Ardabil, 310 pregnant women were selected according to a stratified sampling basis. A questionnaire developed by researchers after reliability and validity confirmation was applied for data collection. Data were analyzed using descriptive statistics and Chi square test through SPSS.

**Results:** The mean age of the sample was  $25.2 \pm 6.08$  years and the mean health literacy score was  $95.48 \pm 26.33$ , that was moderate in division. 24.8% of participants had weak, 32.6% had moderate and 32.6% had adequate health literacy. The mean score of mother`s information about maternal and child health programs was  $47.65 \pm 9.49$  that was moderate in division. 14.8% of participants had weak, 71.9% had moderate and 13.2% had adequate health information. Health literacy was significantly different by mother`s age, number of children, level of education economic situation of families and mother`s employment.

**Conclusion:** This study indicated that the mother`s health literacy and information about maternal and child health programs was at a moderate level among most of studied women in Ardabil.